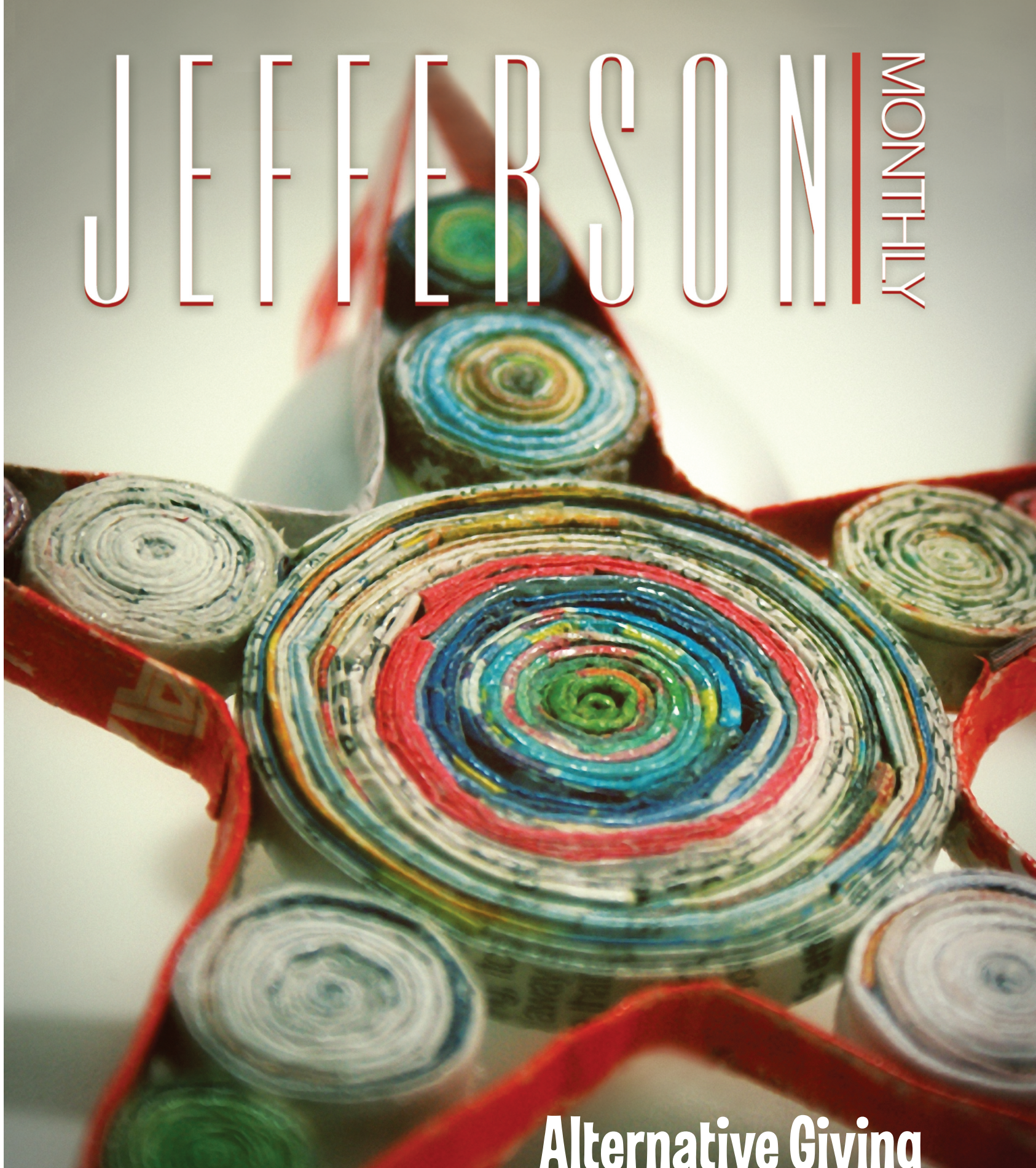


JEFFERSON MONTHLY



Alternative Giving

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Knottis-Owens barn, Corvallis. Photo by John Hinkle

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DECEMBER 2015



Pink Martini *Holiday* takes the stage at the Cascade Theatre in Redding on December 13.

Hear them Christmas Day at 1pm on Rhythm & News in the holiday special *Joy To The World – A Holiday in Pink*. See page 19 for more specials.



CREDIT: KAINAZ AMARIA/NPR

These self-described “Guardians of the Forest” are pitting themselves against criminal logging gangs that have infiltrated their protected reserves in Machadinho d’Oeste, in the western Brazilian state of Rondonia. See Tuned In on page 5.

ON THE COVER

Hundreds of magazines and catalogues laying around? Share your recycling with art teachers; it’s just another way to give back at the holidays. Recycled magazine art.

PHOTO: PINTEREST



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Presents! Treats! Snow Forts! What’s Not To Love?

Then there are the Grinches—like some who will remain nameless but are perhaps writing this article—who hate the holidays. Many of us those people struggle with seasonal affective disorder and financial concerns, don’t get much time off work over the “break,” and come from divorced families where the holiday season was usually an unhappy tug-of-war between estranged and angry parents.

Overspending! Cavities! Cold! What’s not to hate?

But no matter how you feel about the holidays, it’s the perfect time to give back. Not only are any financial donations you make to non-profit organizations tax deductible, but studies show that people’s happiness actually increases when we do kind deeds for others. *Jennifer Margulis explores alternatives to traditional holiday giving.*

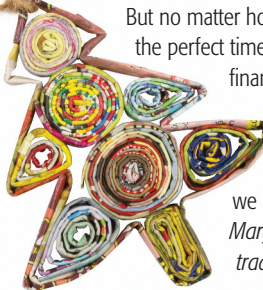


PHOTO COURTESY OF THE METROPOLITAN OPERA

In the Metropolitan Opera’s production of *Rigoletto*, George Gagnidze and Željko Lučić share the pinnacle role of the Italian baritone repertory in Michael Mayer’s electrifying production set in 1960 in a Las Vegas casino. See Highlights on p. 16

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A Climate For Change

This past summer I wrote about NPR's plan to restructure its newsroom shifting resources from beat reporters covering single issues to interdisciplinary teams. The goal of this approach is to provide more holistic coverage of complex issues from diverse vantage points. Also central to this effort is a new commitment by NPR to integrate the work of local station and regional reporters into its coverage.

NPR's coverage of climate change has been a key area where this restructuring is playing out. With the 2015 United Nations Conference on Climate Change taking place in Paris from November 30 through December 11, I thought it would be worth taking a look at how NPR will put its redesigned newsroom into action.

NPR is addressing both the issue of climate change and the conference across beats – science, business and politics – and across both radio and digital platforms. Highlights of NPR's coverage include:

- A five-part series in the Amazon with South America correspondent Lourdes Garcia Navarro explaining how deforestation happens and why this fragile rain-forest ecosystem could be at a tipping point because of it. The series features starkly compelling original images from NPR photojournalist Kainaz Amaria that will be available online.
- A segment that provides historical context on what has happened since the 1997 Kyoto Protocol and the 2009 Copenhagen Summit and what is different now.
- Planet Money will tackle the questions: Do carbon offsets actually work? Can paying to plant trees really undo the environmental damage of a transcontinental airplane ride?
- The NPR science desk will explore how serious the climate change situation is, whether humans and emissions of CO₂ are to blame, and why some scientists say now might be our last chance to save the earth.

- NPR international correspondents in India, Indonesia and China will look at the complex relationship between economics, technology, access to energy and fuel subsidies.
- NPR's political team will outline how U.S. pledges square up with public opinion and how they might play out in Congress.
- NPR's business desk will examine what the business community is willing to do to address climate change, what key technologies will be needed, how much it will cost and what strings will be attached to the money.
- NPR journalists Ari Shapiro, Eleanor Beardsley and Chris Joyce will examine what the world will look like if the Paris conference succeeds... and if it fails.
- NPR will collaborate with reporters from member station newsrooms across the country to develop reports on how climate change is affecting local communities as part of NPR's recently announced Energy and Environment team.

Here at JPR, we'll continue our work with InvestigateWest, the non-profit Seattle-based investigative journalism organization, exploring the role climate change plays in causing hotter, more intense wildfires in our region and the Pacific Northwest.

As a body of work, I think NPR's coverage of the 2015 Paris Conference on Climate Change is ambitious, comprehensive and a good example of adapting to an evolving news environment. I hope you have a chance to tune in to the coverage, which airs mainly during *Morning Edition* and *All Things Considered*. And, I trust you'll let us know what you think.

Paul Westhelle is JPR's Executive Director.



Alternative Giving

By Jennifer Margulis

Some people—like my five-year-old—adore the holidays. Since we celebrate both Hanukkah and Christmas in our house, Leone gets a winter two-for-one.

Presents! Treats! Snow forts! What's not to love?

Then there are the Grinches—like some who will remain nameless but are perhaps writing this article—who hate the holidays. Many of us those people struggle with seasonal affective disorder and financial concerns, don't get much time off work over the "break," and come from divorced families where the holiday season was usually an unhappy tug-of-war between estranged and angry parents.

Overspending! Cavities! Cold! What's not to hate?

But no matter how you feel about the holidays, it's the perfect time to give back. Not only are any financial donations you make to non-profit organizations tax deductible, but studies show that people's happiness actually increases when we do kind deeds for others.

Sonja Lyubomirsky, a professor in the Department of Psychology at the University of California at Riverside, has been studying human happiness for twenty-five years. The author of the *Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does*, Lyubomirsky has found that while improvement in life circumstances (making more money, getting married) leads to short term happiness, people quickly get accustomed to those kind of positive changes, start taking their improved circumstances for granted, and quickly stop feeling happy. In contrast, when Lyubomirsky and her colleagues had students commit acts of kindness (putting change in people's parking meters, visiting someone in a nursing home) and then keep track of their feelings, the researchers found that performing positive acts for others just once a week led to the most lasting happiness. But there's a catch: according to Lyubomirsky's research, anyway, performing a variety of grateful and kind behaviors was more effective in boosting happiness than repeatedly performing the same act of kindness.

'Tis the season to be kind and generous. And the more varied your acts of kindness and generosity, the better you'll feel too. You can always write a check to your favorite charity or starving artist. Or try one of our nine best ideas of ways to give back...



1

Turn Your Trash Into An Artist's Treasure.

The beads, fabric scraps, bits of yarn, old magazines, toilet paper rolls, cardboard boxes, scrap paper, and jigsaw puzzle pieces

that are cluttering your house may seem like trash to you but can be veritable treasures to your area artists and artist-wannabes. Elementary schools and non-profit arts centers are often in search of supplies and materials, both for their art classes for children and for professional artists. If you bring materials like this to a resale store they mostly get thrown away (and cost the store money in dumping fees) but you can donate them to a public school or art center where they will be put to good use in an aspiring Picasso's next masterpiece.

"Classroom teachers really appreciate any donation or any help," says Karen Ditzler, who works in Educational Services at the Redding School District Office in Redding, California and recommends that people who want to support the music and art programs in Redding make a tax-deductible donation to the Education First Foundation. "If you have someone who donates just a little bit, it makes a difference."

When I call Sycamore Elementary School in Redding, they tell me that even though they don't have a designated art room the school gratefully accepts donations of art supplies and materials and then divvies them up to individual classroom teachers to use for art projects.



2

Support Kid Sports

Though his SAT/ACT scores initially weren't high enough to get accepted at an academically rigorous university, Ashland High School graduate Jamie Flynn has been studying hard and getting straight A's in junior college, where he was also playing baseball. The coach from an Ivy League school that Flynn first met at a summer baseball camp several years ago stayed in touch with him and with his coaches. This

year Jamie Flynn is a freshman at Cornell University, where he'll also be playing baseball. Though only a fraction of athletes who are competitive in high school will have a high enough skill level to play in college, Jamie's father Kevin Flynn says supporting children to play organized sports can be life changing in many ways, giving at-risk teenage boys especially a sense of purpose and a safety net.

"We love sports," says Flynn, who worked as a police officer for 18 years in both Hawaii and Oregon, and who is now works as a code compliance specialist for the City of Ashland. "We think it's a way to keep kids active and out of trouble."

Flynn argues that if you want to make the most impact for the least amount of money for a child during the holidays, you should donate to a volunteer sports organization that has little or no overhead costs. "It sounds corny when I'm talking to an adult but it's true: when kids do sports we end up with people who have sense of fairness, good sportsmanship, and who learn to treat each other kindly. It's so good for our young people to be involved in these programs." He recommends the Ashland High School Booster Club, which uses donations for small stuff like football cleats for kids who can't afford them and for big projects like building the weight room in the new gym; Ashland Youth Baseball, which offers full summer scholarships for kids in need and is currently raising money to build a second baseball and softball building at North Mountain Park for indoor play during inclement weather; and American Legion Baseball, which uses donations to cover the cost of uniforms, umpire fees, baseballs, and travel to away games.

"There's a lot more free time in the winter where kids don't have the option of being outdoors. Winter kind of closes in on them and they tend to be drawn to the party scene and can start making the wrong decisions," Flynn says. "If they're in sports—you can play basketball, baseball, and soccer all year round now—it keeps them connected to coaches. If they don't have a mother and father at home, the coaches can be a valuable resource."

Flynn remembers one youngster who turned to drugs and alcohol after his parents went through a hostile and difficult divorce. The coaches talked to him, made sure he kept coming to practice, and used donated money to buy his equipment. When things went from bad to worse and he was

kicked him out of the house, another baseball family took him in. "I look at a lot of kids who grow into young men and I wonder what would have happened to them if they hadn't been involved in sports? I've been around in Ashland for 20 years and see how sports have impacted their lives in positive ways."

3

Pay For Someone Else's Coffee

On a dismal afternoon in late November an eight-year-old girl felt she could nothing right. Ceaseless rain pelted against the living room window as black tree branches clawed at the electric wires outside her house. Her parents seemed tired and discouraged, her older sister mopey. Even the cat was in a bad mood. Suddenly her father, who was trying to do homework, announced that the family was going out to dinner, something they had not done in months and something they really could not afford. We're going to have a good time, he announced through clenched teeth, even if it kills us.

They all felt better after they sunk their teeth into their hamburgers.

Then something surprising happened. The waitress told them their bill had already been paid:

The Quimbys looked at her in astonishment. 'But who paid for them?' demanded Mr. Quimby.

'A lonely gentleman who left a little while ago,' answered the waitress.

'He must have been the man who sat across the aisle,' said Mrs. Quimby. 'But why would he pay for our dinners? We never saw him before in our lives.'

The waitress smiled. 'Because he said you are such a nice family, and because he misses his children and grandchildren.' She dashed off with her pot of coffee, leaving the Quimbys in surprised, even shocked, silence.

This is a fictional story from one of our family's favorite books, *Ramona Quimby, Age Eight*, by Oregon writer Beverly Cleary. But it does not need to be. You'll be astonished by how much joy it will bring you to sneakily treat someone you don't know to a meal, or even just a cup of coffee.

CONTINUED ON PAGE 26



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Jefferson Almanac

Diana Coogle

The Ten-Mile Cake

A few years ago, when I was still living in my little mountain house without electricity, I found a picture of Christmas present cakes in *Bon Appétit* – individual, four-layered cakes with strawberry ice cream and lemon curd between layers, all wrapped with chocolate ganache and tied with white-icing ribbons. I immediately wanted to make them for my friends at our Winter Solstice party. It would be a two-day labor, but I would use the very best ingredients – Häagen-Dazs ice cream, organic Meyer lemons, good chocolate and brandy – and if it worked, it would be so beautiful!

Due to the weather, the beginning was not auspicious. A howling gale kept blowing out the pilot light on my back-porch propane refrigerator, incapacitating my freezer, but my neighbor a quarter of a mile down the road told me I could use her electric freezer, which sits in an outdoor shed. So I made the cake, a good white cake, and the lemon curd. Both turned out beautiful. When I walked down the road to put the lemon curd in Sylvia's freezer, the storm seemed to have abated, but when I returned two hours later, the ice cream was soft and the lemon curd still liquid. A tree falling across power lines had caused a blackout. Electricity returned before the ice cream was ruined, but by the time I was able to spread it and the lemon curd between the cake layers, I was a day behind.

The layered cake had to freeze overnight. As soon as it was light the next day (the day of the party), I walked down the road (in wind and light rain) to cut the cake into nine squares. Then I came home to make the chocolate ganache. The next step was time sensitive: I would have to bring each cake home, cover it in ganache, and get it back to the freezer before the ice cream melted. I could only do three cakes at a time. To save precious minutes, I drove between my house and Sylvia's, although I still had to walk down my hill to get to my car. Three times I ran down the hill, got in the car, drove to Sylvia's, opened the gate, drove

through, closed the gate (just knowing the dogs would choose that moment to dash out of the house and down the road), parked by the shed, carefully lifted three cakes from the freezer, put them in the car, did the open and close gate thing again, drove home, ran (or half-ran) with the frozen cakes up the hill and into the house, where I quickly (but carefully, still catching my breath) spread chocolate ganache over each one. Then I ran the course in reverse. Only after the third trip, with all the cakes ganached and in the freezer, could I breathe easily. I cleaned the kitchen and got ready for the party.

With my timing thrown off by the storm, I had to add the icing ribbons when I picked up the cakes on my way to the party. I figured I could refreeze the cakes in my host's refrigerator. During the 20-minute drive to the party, I watched in dismay as the ribbons and bows melted into white blobs. Once at the party, I did some emergency repair with the remaining icing, crossed my fingers, and left the cakes in the freezer.

It was a fun party. First we sat around the hors d'oeuvres table, talking and eating; then we got out some clay and made ceramic frogs; then we had a good dinner; then we gave each other presents. Finally, we were ready for dessert. I placed each ice cream cake (with its ribbon intact) on a plate and added a dollop of strawberry sauce on the side. I passed around the beautiful little presents. They were admired and exclaimed over as forks were raised, suspended, and lowered.

A classical guitar concert in a centuries-old Spanish mission, my guitar teacher once told me, transports the listener to a different place. It's a spiritual experience, a transcendent sensation. That's what it was like to eat the ice cream cake presents. The ecstatic experience was apparent in the eyes of the eaters. Conversation slowed, as though to make the words fit the music. Someone

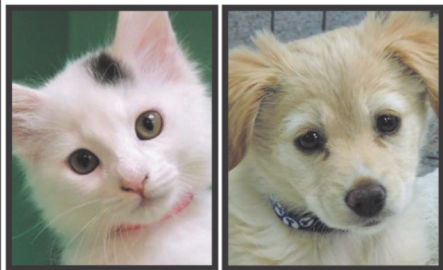
asked how I made the dessert, and I told the story. Tracy asked what it was called, and before I could answer, Shel said, "It's the ten-mile cake." Someone mentioned Joanne Harris's novel *Chocolat*. Someone else alluded to *Babbette's Feast*. We talked about justice in the world, about the preparation of food as gift. One man apologized for not eating his present but said he didn't really eat desserts.

"That's all right," I said, "but such a dessert shouldn't be wasted." I started to return the cake to the freezer, but the teenage boy at the party said he would be more than happy to keep it from being wasted.

To me the man who wasn't eating was a measure for the depth of our shared experience. He was talking a great deal, whereas the rest of us were as slow and deliberate with our words as with our tasting. It was like someone in a cathedral with sun-gloried stained-glass windows talking and talking while everyone else was singing hymns. Finally Louann pointed out that the rest of us were focused on our cakes and couldn't be quiet? He looked around and saw the ecstasy in our eyes. He decided to try some dessert, after all. When he did, his talking, too, diminished, and we were all singing hymns together. It was that kind of dessert.

Diana Coogle teaches writing at Rogue Community College in Grants Pass and has published three books of selected JPR essays, available in local bookstores and on her blog, www.dianacoogle.blogspot.com, where she posts weekly essays about her life on the mountain.

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Deedee Runkle



One Little Hanukkah Candle

Somewhere in the DNA of every woman in my family is an obsession with Christmas traditions. The closer we get to that holiday, the more they move in and take over our world. From girlhood, I came to accept them as absolutes. Not until I became a mother was I freed to remember the abundance of ways to celebrate that special time of year.

Beginning in November, when I was growing up, holiday preparations followed a strict schedule.

Root some ivy to put in with the holly early in November. Around the same time, get those paper white bulbs propped among stones in flat bowls, phased to bloom for the last two weeks in December. Order the nuts for cookies and roasting before there were none to be had, and if you wanted something monogrammed, order it *yesterday*.

Out-of-town packages had to be wrapped in their brown paper and out the door no later than Thanksgiving, and for Heaven's sake, you couldn't let December first come without packing Christmas cards off to the post office.

Granny lived with us, and she was our Christmas marshal. Scattered around the blue paisley chair in her bedroom were catalogues from places like FAO Schwarz, Lord and Taylor, and Hammacher Schlemmer. We had each been invited to mark items we especially coveted. Granny never failed to share her opinions about our choices, which became an early indicator of whether our wish would be fulfilled by Santa. Recently I came across a picture of my petulant self in a red plaid dress with a black velvet collar, and recalled the time my wish for a long black dress was vetoed: "Pet, ten-year-old girls don't wear all black."

From this same chair overlooking the front yard, she kept regular track of avian visitors to her bird feeder *and* the arrival

of UPS trucks delivering the gifts she would wrap in elegant paper then stash from view.

Candles were central symbols of our Christmas and bore their own set of rules. We placed them everywhere—among the fresh-cut pine boughs on the mantle, on the sideboard and down the middle of our

big dining room table. We always had candles for dinner, but at Christmas we had more. "The dark of winter is easier on you with candles," Granny confided.

Each of us had an assigned duty the week before Christmas. My brother's flair for design was put to use decorating the cornices over every window. My sister *always* got to set up the village under the tree. For some inexplicable and totally unfair reason, my job was *always* to set up the bayberry candles that generations of our family have lit on Christmas Eve.

I had to gather up and polish enough candlesticks, then unwrap the olive green candles from their tissue nest in a red box. Each candle had to be stabilized, and a large tray, covered with foil to catch any drippings, placed in the darkened dining room. Just as creative as my older brother and sister, I felt under-appreciated as the bayberry baby sister though I had to admit that I did love how the dining room glowed once the candles were all lit.

If I complained to Granny about the candle tending, she'd ask, "How will you ever celebrate your own Christmas properly if you don't practice now?" Then she'd order me to recite the words that accompanied each candle-lighting. Under such pressure, I always missed a word. "Less complaining and more memorizing," she'd advise.

Christmas Eve at sunset, my father lifted my tray of candles onto the dining room table, and we all gathered around

Candles were central symbols of our Christmas and bore their own set of rules.

the table in darkness. As the oldest, Granny went first, saying softly:

A bayberry candle burned to the socket brings health to the family and wealth to the pocket.

Then came my baritone Daddy, my firm and confident Mother, dramatic Bill, his friend Herbert Yanowitz sentenced by a snowstorm to experience his first Christmas, my haughty sister Nettie, and finally it was my turn.

"A bayberry candle burned to the socket brings wealth..."

"Health!" everyone broke in.

I scowled. "...health to the family and wealth to the pocket."

Many years later, the tables turned. As a young mother, I was engineering a large family Christmas for the first time. Since my parents were coming, bringing with them the legacy, and authority, of Granny and those before her, I took special care assembling all the necessities and ingredients for a proper traditional celebration.

Three-year-old Marshall's excitement had risen to a fever pitch in the days before my parents arrived, thanks to a multi-cultural party at nursery school, caroling in the neighborhood, and our first solstice party. As a result, it turned out bayberry candles would not be the only source of light that year.

Christmas Eve arrived. Like his mother before him, Marsh had helped his grandmother with the bayberries and assured her he knew what to say. Not entirely certain from whence his confidence derived, I had asked if he wanted me to help him practice.

"No, mom. I don't need to. We had a candle ceremony just like it at school."

Just like it? I wondered. *What could be like a Beeson Family Tradition?*

Now we ringed the foil-covered tray and each of us had spoken of health and wealth and sockets and pockets. It was Marshall's turn.

He stepped up to the table, his angelic face framed by the light from the first five candles, and lit his own, saying, actually, half-singing, "We light one little Hanukkah candle on this night..."

A reminder of the diverse ways we meet our human need to illuminate the dark of winter.

Deedie Runkel is an Ashland writer and co-owner of Anne Hathaway's B&B and Garden Suites.



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Inside the Box

Scott Dewing

All I Want For Christmas

Dear Santa,

I know it's been awhile since I last wrote. Probably like 40 years or so. Sorry man, I've been real busy with growing up and life and stuff. Anyway, this past year has been a pretty good year in which I've been more nice than I've been naughty. To be completely honest with you, I had every intention of being a bit more naughty this past year but I was too busy doing nice things for other people to follow through on those intentions. It feels a bit strange confessing all of this to someone I'm pretty certain doesn't exist. If you do exist though and you're reading this, please don't take offence and send some of your thug elves to break my kneecaps with their little elf hammers or do a flyover and have your reindeer drop turds on my house.

Anyway, I want to get right down to it with the stuff I want for Christmas. I don't know how up-to-date you are on the latest commercially available technologies, so I'm just going to provide a run-down of the various technical gadgets I'm interested in. Receiving any (or all!) of these for Christmas would make me very happy and may curb my naughtiness in 2016, assuming you're into that kind of thing.

Roomba® 980 and Scooba® 450

The Roomba 980 is the latest model of vacuum cleaning robot from iRobot and the Scooba 450 is the companion floor cleaning robot. With these two items, I'll never have to clean my house again. I tried to train my children to vacuum and scrub the floors but have failed at that. With retail price tags of \$900 and \$600 respectively, these units are way cheaper than children and will be way more effective at cleaning the house.

Apple Stuff

I'll take pretty much anything new from Apple, starting with the Apple Watch because I would never drop \$500 on a

watch—even one that did more than the watch worn by Dick Tracy. Mostly though, I'm due for an upgrade to my iMac, which is over 5 years old now. The 27" model with 5k retina display would be great.

Fitbit

I already have one of these, but wanted to tell you about it because, well, let's be honest here, you could stand to lose some pounds. The Fitbit is a band that you wear on your wrist that tracks how many steps you take in a day. It then syncs with an app on your phone that shows you how many steps you took during the day and how many calories you burned. You can also record all the calories you consume from all the food you eat and all the seasonal ale you drink around this time of year. The metrics are pretty cool and help you stay on track. With the Fitbit, you could trade in your traditional Santa suit for spandex by this time next year.

Amazon Kindle Paperwhite

I've had a Kindle since the first generation of the product came out in 2007. I upgraded a few years ago. I pretty much only read books on a Kindle now. The new Kindle Paperwhite would be great as it would even closer resemble paper to make my reading experience all that much better. Maybe with the Kindle Paperwhite, I'd finally finish *War and Peace*.

LG 55EG9100 Flat Panel TV

I have a tube television. Are you kidding me? Tubes! Every time I watch TV it's like going back to the '80s. I keep waiting for the television to explode but it just keeps working. I've thought about sabotaging it by putting a sledgehammer through the screen then looking at Mrs. Dewing and saying, "Whoa! How on Earth did that happen? Oh well, let's go to Best Buy and pick up an LG 55eG9100." I don't think she'd fall for that though. She has like two master's degrees. I even have a



stand for a new flat panel. It's littering my office like it's an IKEA display. It's just sitting there teasing me. "Hey, you should put a 55-inch flat panel on me stupid!" So irritating.

DJI Phantom 3 Professional

This is a mini-drone with an HD camera attached to it that retails for a mere \$1,259. With the remote controller, I could fly it around and take pictures and video from up to 400 feet above the ground. This has all kinds of practical applications such as doing fly-overs of other people's private property during the summer and taking pics of them sunbathing in the nude. Yeah, yeah, I know, "naughty boy" and all that. But seriously, privacy is dead.

GoPro HERO4 Session

This is the latest camera from the folks at GoPro, whose tagline is "Be a HERO." Like the Fitbit, this is more for you than it is me because I can't think of anyone who is more of a hero than you Mr. Santa Claus! You make millions of children happy and deliver all of those presents in just one night. Now, imagine if you had a GoPro HERO4 strapped to your hat while doing all of that and uploaded the video footage to YouTube. That would be freaking awesome!

Well, I hope that provides you with some good options to choose from. I deserve any and all of these tech gadgets because, even with those few lapses of judgement, I've been pretty nice this past year. Oh, and BTW, I'll leave the usual plate of chocolate cookies and a White Russian on the fireplace mantel.

Scott Dewing is a technologist, teacher, and writer. He lives with his family on a low-tech farm in the State of Jefferson.

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EarthFix

Jes Burns

Climate Change, Wildfires Transforming NW Forests

Much of the forestland above the Illinois River in Southwest Oregon is a tangled mess of manzanita, shrubby hardwoods and ceanothus. Bushwhacking through it is a branch-to-the-face, boot-snagging, poison-oaky horror.

And this is one of the easy spots, says Portland State University Ph.D. student Charles Maxwell.

“Yeah, this one is a pretty accessible site relatively. Some are quite a bit further in,” he says.

This is where the Biscuit Fire burned 13 years ago, and the site is one of dozens of research plots the Maxwell bushwhacked into, measured and catalogued this summer.

The tangled shrub cover was typical. Researchers found a good variety of species, but the pines and firs that grew on the land pre-fire are struggling to break through.

And this is evident when Maxwell comes along a Douglas fir sapling, just over a foot tall.

“This little guy, from what we’ve found from other Doug firs we’ve analyzed - this tree is probably 13 years old,” he says. “Its competition has severely over-topped it.”

In the field, it’s difficult to know the actual age of this particular tree, because the rings are difficult to distinguish — but stunted trees weren’t out-of-the-ordinary on the plots.

Through this research, Maxwell and others working on the project are trying to figure out is if this 13-year dominance by shrubby vegetation is going to be permanent — and what causes a system to slip into one forest type or another.

“With climate change, we may increase the prevalence of shrubs over forests and we

might be headed more towards that tipping point of increasing more shrubs,” says Portland State researcher Melissa Lucash.

Climate Connection

Previous modeling has shown that these Klamath and Siskiyou forests could experience a substantial long-term shift from conifer to this shrub-heavy chaparral.

The shift will likely not be the result of just one variable — because forests are complex systems and what human do in the forests complicates the equation. But climate change — and the warmer and sometimes drier conditions it brings - will play a big part.

Portland State’s Robert Scheller, who’s leading the Klamath Climate and Wildfire study, says established trees can likely survive some warming. Where climate change



Looking across a fire-prone landscape towards the Kalmiopsis Wilderness.



A pine pushes above the shrubs — a positive indication that a forest will grow here again.



Portland State University PhD student Charles Maxwell is studying forest type-shifts.

really kicks in is what vegetation comes back after large forest die-offs from wildfire, disease or bug infestation.

"It's little trees. Those are the ones that really get hammered by drought. And so if you get big wildfire, then you get some droughty years following that, that's where you get the replacement with shrub chaparral," he says.

And while the trees may ultimately take over the spot on top, the shrubs are believed to have the advantage in dry areas, and when fire returns regularly.

"And they can keep a location in this shrub/chaparral state for decades, even centuries," Scheller says.

It's not just these dry forests in southern Oregon that are threatened – it's happening elsewhere as well. Scheller hypothesizes that any place in the Northwest outside of the moist Coast Range is at risk of flipping to some other forest system.

Shifts are already becoming evident further north.

"In case of ponderosa pine in British Columbia, they'd have to move 60 miles every decade north. Well that's something like 10-times their normal rate of movement," says Dick Waring, retired Oregon State University professor.

Waring says the ponderosa in Canada need to move from the U.S. border all the way up to the Yukon, where the climate is predicted to be good for them. And that leaves a problem.

"There's no way they can move that fast without assistance," he says.

These forest type shifts could have major implications for the region, according to University of British Columbia Forestry

Professor Nicholas Coops.

"Ultimately, the species that inhabit that forest, the biodiversity that's in that forest, the ground cover, all of that will ultimately be shifting," he says.

"Now the caveat is it probably won't shift in one person's lifetime, but the trail that your grand kid walks will be a very different trail."

Economic Consequence

And the Northwest timber industry is not immune, says Oregon Forest Resources Institute Forester Mike Cloughesy.

"The premise, that type shift is happening, is definitely true," he says.

But Cloughesy says the evidence is most evident on the edges of ranges – amid higher elevation species, oak woodlands, and conifers.

"When you get way down in Southern Oregon and into California, you get tendency in areas that have burned repeatedly, that they shift from conifer forest to a brush," he says. "If you're owning it, you're not going to get any type of income off that piece of ground."

But the primary managed timber species in the Northwest, Douglas fir and ponderosa pine, are a bit more secure because they're adapted and bred to grow in a broad range of climate and on-the-ground conditions.

Roseburg Forest Products owns timber lands in Oregon and Northern California. Manager Eric Geyer says they have not changed how they're managing their land in anticipation of shifting forest types. Nor has it played into decisions about what land to buy and sell.

"I would not say we're specifically look-

ing at climate change. That's a whole body of science that's not our expertise. As people that look at forest as long term process, we don't really think about smaller shifts, we think about big shifts. And that's anybody's guess as to what the climate may do over the next 30-40 years."

Carbon Consequence

The shifts could also have an economic impact in other, less obvious, ways.

"The first thing that comes to mind is the amount of carbon on landscape. There's going to be significantly less carbon stored in shrubs than in forests," Maxwell says.

It's about half as much. And that's a big deal, says Jim Strittholt, president of the Conservation Biology Institute. The institute is working on cap and trade efforts, where businesses and governments are trying to put a price on carbon.

"And part of that relies on your ability to predict where your carbon stocks will be," he says. "Well, what if they're changing?"

The data gathered this summer by Maxwell will be used to help scientists better predict what forests across the globe will look like in the future. And then what can potentially be done to change those outcomes for the better and to help Northwest forests weather the coming climate change.

Whether that's controlled burns, replanting, or even moving species, scientists are working to answer those questions.

"Anything we can do to really avoid really abrupt shifts or slow down the rate of change is valuable," Scheller says.

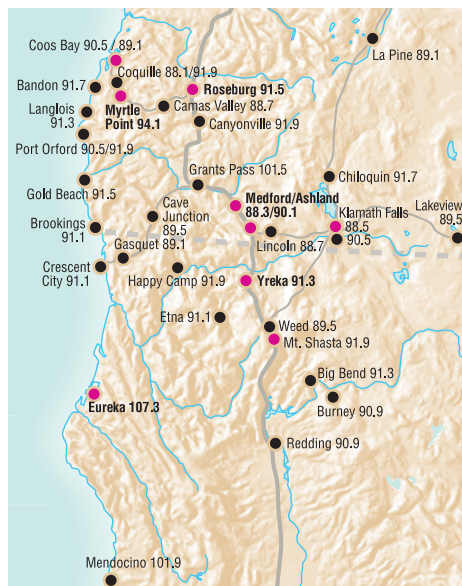
Jes Burns is the Southern Oregon reporter for EarthFix. She previously worked for KLCC, the NPR station in Eugene as a reporter and All Things Considered host. Jes has also worked as an editor and producer for Free Speech Radio News and has produced reports as a freelance producer for NPR, Sirius Radio's OutQ News, and The Takeaway. She has a bachelor's degree in English literature from Duke University and a master's degree from the University of Oregon's School of Journalism and Communications.

EarthFix is a public media partnership of Oregon Public Broadcasting, Idaho Public Television, KCTS9 Seattle, KUOW Puget Sound Public Radio, Northwest Public Radio and Television, Jefferson Public Radio, KLCC and the Corporation for Public Broadcasting.

Classics & News Service



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7:00am	First Concert
12:00pm	Siskiyou Music Hall
4:00pm	All Things Considered
7:00pm	Exploring Music
8:00pm	State Farm Music Hall

Saturday

5:00am	Weekend Edition
8:00am	First Concert
10:00am	Opera
2:00pm	Played in Oregon
3:00pm	The Best of Car Talk

4:00pm	All Things Considered
5:00pm	New York Philharmonic
7:00pm	State Farm Music Hall

Sunday

5:00am	Weekend Edition
9:00am	Millennium of Music
10:00am	Sunday Baroque
12:00pm	Siskiyou Music Hall
2:00pm	Performance Today Weekend
4:00pm	All Things Considered
5:00pm	Chicago Symphony Orchestra
7:00pm	Center Stage from Wolf Trap
8:00pm	State Farm Music Hall

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ASHLAND

*KSOR dial positions for translator communities listed below

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Coquille 91.9 FM
Redding 90.9 FM
Weed 89.5 FM

Classics & News Highlights

* Indicates birthday during the month.

First Concert

Dec 1	T	Richter*: Sonata in F major
Dec 2	W	Bach: <i>Pastorale in F major</i>
Dec 3	T	Webern*: <i>Langsamersatz</i>
Dec 4	F	Dvorák: <i>Hero's Song</i>
Dec 7	M	Toch*: String Quartet No. 7
Dec 8	T	Ponce*: <i>Concierto del Sur</i>
Dec 9	W	Berlioz: Excerpts from <i>Lélio</i>
Dec 10	T	Gould*: Symphony No. 4, "West Point"
Dec 11	F	Delius: <i>In a Summer Garden</i>
Dec 14	M	Respighi: <i>The Pines of Rome</i>
Dec 15	T	Boieldieu*: Harp Concerto
Dec 16	W	Beethoven*: String Quartet No. 16
Dec 17	T	Schubert: Symphony No. 8, "Unfinished"
Dec 18	F	Tchaikovsky: <i>Nutcracker Suite</i>
Dec 21	M	Fibich*: <i>Othello</i>
Dec 22	T	Brahms: Violin Sonata No. 3
Dec 23	W	Wolf-Ferrari: <i>Jewels of the Madonna</i>
Dec 24	T	Standford: <i>A Christmas Carol Symphony</i>
Dec 25	F	<i>Holiday Special</i>
Dec 28	M	Vieuxtemps: <i>Fantasia Appassionata</i>
Dec 29	T	Debussy: String Quartet
Dec 30	W	Kabalevsky*: <i>The Comedians</i>
Dec 31	T	Rimsky-Korsakov: Symphony No. 1

Siskiyou Music Hall

Dec 1	T	Vaughan Williams: Symphony No. 9
Dec 2	W	Kullak: Piano Concerto in C minor
Dec 3	T	Spohr: String Quintet No. 7
Dec 4	F	Harty*: <i>Irish Symphony</i>
Dec 7	M	Goetz*: Symphony in F major
Dec 8	T	Sibelius*: <i>Pelleas & Melisande</i>
Dec 9	W	Bach: <i>Orchestral Suite No. 1 BWV 1066</i>
Dec 10	T	Franck*: Symphony in D minor
Dec 11	F	Berlioz*: <i>Harold in Italy</i>
Dec 14	M	Schumann: <i>Rhenish Symphony</i> , arr. Piano
Dec 15	T	Mozart: Sonata in B flat major, K. 333
Dec 16	W	Beethoven*: Symphony No. 2
Dec 17	T	Alnaes: Piano Concerto in D major
Dec 18	F	MacDowell*: <i>Indian Suite</i>
Dec 21	M	Fuchs: Piano Concerto in B flat minor
Dec 22	T	Bottesini*: Double Bass Concerto in F sharp minor
Dec 23	W	Strauss: <i>Don Quixote</i>
Dec 24	T	Dvorák: Violin Concerto
Dec 25	F	<i>Holiday Special</i>
Dec 28	M	Gaspard Fritz: Sinfonia No. 2
Dec 29	T	Czerny: Duo Concertante in G major
Dec 30	W	Gernsheim: Piano Quintet in D minor
Dec 31	T	Ries: Symphony No. 6

Metropolitan Opera

Dec 5 *La Bohème* by Giacomo Puccini
Paolo Carignani, conductor; Barbara Frittoli, Ana Maria Martinez, Ramon Vargas, Levente Molnar, Alexey Lavrov, Christian Van Horn, John Del Carlo

Dec 12 *Rigoletto* by Giuseppe Verdi
Roberto Abbado, conductor; Nadine Sierra, Nancy Fabiola Herrera, Piotr Beczala, Zeljko Lucic, Dimitry Ivashchenko

Dec 19 *La Donna del Lago* by Gioachino Rossini
Michele Mariotti, conductor; Joyce DiDonato, Daniela Barcellona, Lawrence Brownlee, John Osborn, Oren Gradus

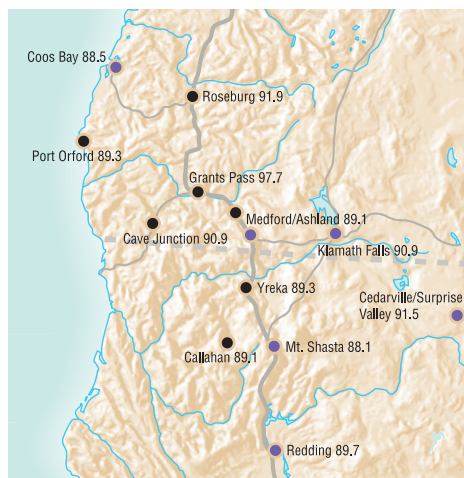
Dec 26 *The Barber of Seville (In English)* by Gioachino Rossini. Antony Walker, conductor; Isabel Leonard, Taylor Stayton, Elliot Madore, Valeriano Lanchas, Robert Pomakov



A scene from *La Donna del Lago*.

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9:00am	Open Air
3:00pm	Q
4:00pm	All Things Considered
6:00pm	World Café
8:00pm	Undercurrents (Modulation Fridays 8–10pm)
3:00am	World Café

Saturday

5:00am	Weekend Edition
10:00am	Wait Wait...Don't Tell Me!
11:00am	The Best of Car Talk
12:00pm	Radiolab
1:00pm	Q the Music
2:00pm	E-Town
3:00pm	Mountain Stage
5:00pm	All Things Considered
6:00pm	American Rhythm
8:00pm	Live Wire!
9:00pm	The Retro Lounge
10:00pm	Late Night Blues
12:00am	Undercurrents

Sunday

5:00am	Weekend Edition
9:00am	The Splendid Table
10:00am	This American Life
11:00am	The Moth Radio Hour
12:00pm	Jazz Sunday
2:00pm	American Routes
4:00pm	TED Radio Hour
5:00pm	All Things Considered
6:00pm	The Folk Show
9:00pm	Folk Alley
11:00pm	Mountain Stage
1:00am	Undercurrents

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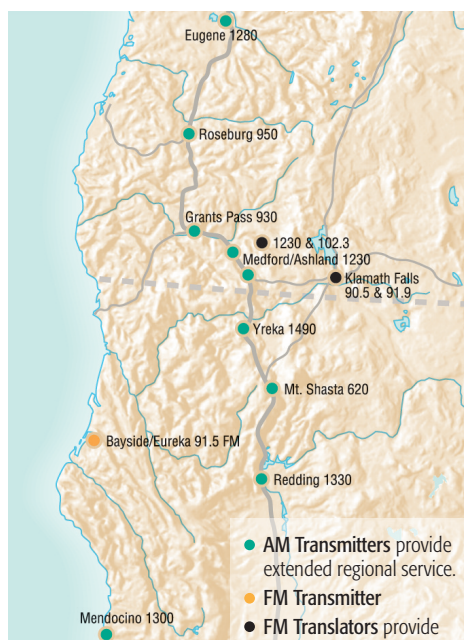
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Monday through Friday

5:00am	BBC World Service
7:00am	Diane Rehm Show
8:00am	The Jefferson Exchange
10:00am	The Takeaway
11:00am	Here & Now
1:00pm	The World
2:00pm	To the Point
3:00pm	Fresh Air
4:00pm	On Point
6:00pm	Fresh Air (repeat)
7:00pm	As It Happens
8:00pm	The Jefferson Exchange (repeat of 8am broadcast)
10:00pm	BBC World Service

Saturday

5:00am	BBC World Service
8:00am	World Link

9:00am	Day 6
10:00am	Living On Earth
11:00am	Science Friday
1:00pm	West Coast Live
3:00pm	A Prairie Home Companion
5:00pm	To the Best of Our Knowledge
7:00pm	BBC World Service

Sunday

5:00am	BBC World Service
8:00am	To the Best of Our Knowledge
10:00am	TED Radio Hour
11:00am	On The Media
12:00pm	A Prairie Home Companion
2:00pm	Backstory
3:00pm	Le Show
4:00pm	Travel with Rick Steves
5:00pm	This American Life
6:00pm	Fresh Air Weekend
7:00pm	BBC World Service

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KAGI AM 930
GRANTS PASS

KTBR AM 950
ROSEBURG

KRVM AM 1280
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Recordings BEST OF 2015

All-Staff

Every year, JPR hosts dig through literally thousands of new recordings in order to find the rare gems to share with you. Across our various musical genres, JPR added about 700 new albums to our library this year, out of the nearly 6,000 (!) recordings that came through our doors. We hope some of what we uncovered resonated with you the way they stuck with us. Without further ado, here are our staff and volunteer host picks for "Best of the Year." -Eric Teel, JPR Music Director, Program Director & Host, *Open Air* Host

Don Matthews
Classical Music Director &
Host, *First Concert*



The best of 2015 begins with a recording of 'pop' music of Renaissance Italy called *Frottole* which refers to a variety of polyphonic accompanied songs that were improvisatory in nature; (even today the word means 'trifles'). And I love the name of the ensemble; **Ring Around Quartet & Consort**. Next, a recording of symphonies by an unknown son of JS Bach....really!! *Johann Christoph Friedrich Bach*. Performed by the **Neues Bachisches Collegium Musicum Leipzig**, his symphony in B flat major is a forerunner of the Viennese Classical style. When this next disk arrived in August, it finally gave me a chance to know the music of *Johann Wenzel Kalliwoda* beyond the single piece we had at the time. A productive composer who produced 243 pieces with opus number and another 200 unnumbered, this recording has three overtures and two violin concertinos played by the **Kölner Akademie**. Next, a two CD set of music by *Salomon Jadassohn*, a 19th German-Jewish composer, whose music was suppressed by the Nazis. Rescued from oblivion, the recording includes four symphonies and Two Cavatinas performed by **Brandenburgisches Staatsorchester Frankfurt**. And do I have room for **Lang Lang**? Another two CD set called *Lang Lang in Paris* which contains the "Scherzos" of Chopin and "The Seasons" by Tchaikovsky, a fine recording for any season.

Eric Teel * * *
JPR Music Director,
Program Director &
Host, *Open Air*



My top-10 list this year was difficult to select, so I made a top-20 instead. Hands-down, my album of the year for 2015 is *Dark Bird is Home*, from **The Tallest Man on Earth** - aka Swedish singer/songwriter Kristian Matsson. Other interesting releases include: Los Angeles folk-rockers **Lord Huron** impressed with their sophomore effort *Strange Trails*. Recent JPR Live Session guests **Sister Sparrow & the Dirty Birds** released a pretty amazing soul/rock record this year called *The Weather Below*. Jazz-tinged vocalists **Melody Gardot** continues to forge a unique path with her lush *Currency of Man*. **Mandolin Orange** (the duo of Andrew Marlin and Emily Frantz) put out a simple and mellow collection of folk and old time harmonies called *Such Jubilee* that continues to impress. Missouri singer/songwriter **Nathaniel Rateliff & the Night Sweats** blew the doors off with their latest self-released effort. **rayLand Baxter**, who made my list a few years back, did not let me down with his follow up *Imaginary Man*. Other favorites includes the releases from **Shawn Mullins**, **The Wood Brothers**, **Andra Day**, **Benjamin Clementine**, **Lianne La Havas**, **HONEY-HONEY**, **Husky**, **Ewert & the Two Dragons**, **Bjork**, and **Brandi Carlile**, plus the live records from **Ryan Adams**, **Amos Lee**, and **Phosphorescent**.

Dave Jackson
Host, *Open Air*

It's been a great year for music and for me a great year for music exploration. Here is what really stood out.

Lead singer **Brittney Howard** is a great mix of **Robert Plant** and **Tina Turner** on *Sound and Color*, by **Alabama Shakes**. "Don't Wanna Fight" is among my favorite rock songs in years.

With his percussive nylon-string guitar playing style **Jose Gonzalez** creates an amazing sonic background on *Vestiges and Claws*. You nearly overlook what an in-

sightful lyricist he is.

Melody Gardot blends elements of soul and jazz on the sultry *Currency of Man* to create my favorite groove album this year.

The Wood Brothers released *Paradise* this fall. Funk, rock, folk and blues in a semi-acoustic trio. Yeah, it works.

Last but not least, sounding a bit like **Chrissie Hynde** and **Joni Mitchell** made music together, British nu-folk artist **Laura Marling's** *Short Movie* was a real treat.

Valerie Ing
Host, *Siskiyou Music Hall*



As I was going through the music library, searching out my favorite recordings of 2015, I realized that most of the music I've received that's piqued my interest this year has tended towards chamber works instead of symphonic recordings. I also couldn't help but notice that almost half of my top ten list features the guitar, mandolin or lute. Obviously this says more about me than it does the music released by the recording industry this year, but if you've got a place in your heart for chamber music and the guitar, any of the recordings below should be a welcome addition to your music library.

The Baroque Lute in Vienna - Bernhard Hofstötter *Brilliant Classics 95087*

Early Romantic Horn Sonatas (Ries, Danzi & von Krufft) - Steinar Granmo Nilsen & Kristin Fossheim *2L 113*

Concerti Grossi Op. 7 of Giuseppe Valentini - Ensemble 415 *Alpha Classics 310*

Lang Lang in Paris (Chopin & Tchaikovsky) - Lang Lang *Sony Classics 11758*

Arpeggione, Original works for cello & guitar (Schubert, Romberg, Schiker, etc) - Michael Kevin Jones & Augustin Maruri *EMEC 0814*

Music at the Salzburg Court (Biber, Muffat, Mozart etc) - Salzburg Hofmusik *CPO 999469*

Paganini, Music for Viola & Guitar - Simone Gramaglia & Luigi Attademo *Brilliant Classics 94963*

Franz Ignaz Beck Symphonies 4-6, Op. 4 - Czech Chamber Philharmonic *Naxos 8.573249*



Vivaldi – Avi Avital, mandolin *Deutsche Grammophon 94017*

Ernst Wilhelm Wolf String Quartets - Pleyel Quartett
Köln CPO 777 856



Frances Oyung
Host, *Folk Show*

I have a really hard time picking whole albums as “best of” but these certainly are some great ones. These records have been some of my go-to recordings when I am choosing music for The Folk Show or myself. There is more music out there than I could ever peruse even considering the small slice of recordings that come through the JPR door. Music and personal tastes are vast. The best thing is to just keep tasting. Listen on.

Earls of Leicester – **Earls of Leicester**
Happy Prisoner: The Bluegrass Sessions – **Robert Earl Keen**
Béla Fleck and Abigail Washburn –
Béla Fleck and Abigail Washburn
Such Jubilee – **Mandolin Orange**
Monterey – **Milk Carton Kids**
Uncovered – **Shawn Colvin**
The Faster It Goes – **The Railsplitters**
Radio – **Steep Canyon Rangers**
Domestic Eccentric – **Old Man**

Luedecke

Derral Campbell
Host, *Late Night Blues*



Wee Willie Walker *If Nothing Ever Changes* - Little Village Foundation

Keyboardist Jim Pugh started the Little Village Foundation to give voice to deserving, under-exposed artists. And he comes up aces with this fine showcase for the venerable Mr. Walker, featuring a tough, tight backup unit, and so much soul. My pick for song of the year is from this release: “Read Between the Lines.”

Muddy Waters *Muddy Waters 100*

Celebrating the centennial of blues king Muddy’s birth, Chicago vet John Primer headlines a cast of polished pros. The disc comes in the most attractive package of the year. Christmas-gift grade.

CONTINUED ON PAGE 21

Christmas Day Specials

Classics & News Service

7am • In Italia

In the sixteenth-century, the splendor of the Renaissance blossomed across Italy as a new Holy Roman Empire stretched its wings from the Urals to the Atlantic. This special holiday program brings you wonderful sixteenth-century Christmas music from the Venetian world of Giovanni Bassano and Gioseffo Zarlino, moving westward to the Milan of Franchinus Gaffurius, and southerly to the Naples of Diego Ortiz.

8am • St. Olaf Christmas Festival

A service in song and word that has become one of the nation’s most cherished holiday celebrations. Tickets to the event – which takes place at St. Olaf College in Northfield, MN – are always gone months in advance. The festival includes hymns, carols, choral works, as well as orchestral selections celebrating the Nativity and featuring more than 500 student musicians in five choirs and the St. Olaf Orchestra.

10am • Christmas Revels

A two-hour musical celebration of the winter holidays – Christmas, the Solstice, New Year’s, and Twelfth Night – featuring traditional carols, anthems, hymns, motets, wassails, spirituals, children’s game-songs, and folk dance tunes excerpted from live Christmas Revels productions presented around the country.

12pm • MESSIAH WITH THE PSO

Handel’s much adored oratorio, Messiah, returns to Heinz Hall! Led by Music Director Manfred Honeck and featuring a cast of guest vocalists and the Mendelssohn Choir of Pittsburgh, this work is a religious story of hope, inspiration and timeless expression.

2pm • A Chanticleer Christmas

Holiday favorites, new and old, presented live in concert by the superb 12-man ensemble known as “an orchestra of voices.”

3pm • Hollywood Holiday

Lynne Warfel hosts an hour of holiday movie music that ranges from the sentimental to the completely cranky. From “White Christmas” and cozy homes for the holidays, to Grinches and Scooges, Hollywood Holiday takes in your favorite holiday movies from a musical point of view.

Rhythm & News Service

9am • An American Rhythm Christmas

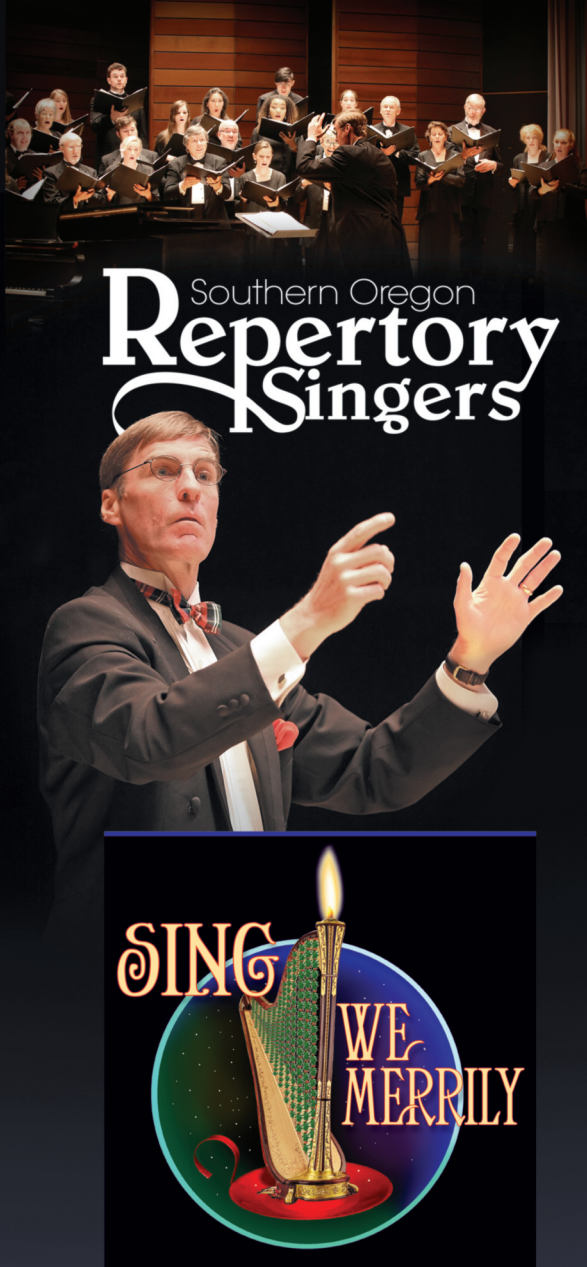
American Rhythm Host Craig Faulkner has put together a day of incredible holiday themed gems from the vast music archives of American vernacular music. Sit back and enjoy some absolute classic cuts and rare gems from the vaults!

1pm • Joy To The World – A Holiday in Pink

The internationally acclaimed “little orchestra” Pink Martini bedecks the airwaves with festive holiday songs from across the globe. From timeless classics to rarely heard gems, hear a multi-denominational, multi-cultural jubilee, overflowing with enough holiday spirit to warm your entire family. Hosted by All Things Considered’s Ari Shapiro.

2pm • All Songs Considered for the Holidays

It’s the lucky seventh edition of a weird holiday tradition from NPR Music. Host Bob Boilen and friends trade holiday cheer and snarky barbs while bringing you the best holiday songs from new and emerging breakout bands. Hear renditions of great holiday music you’ll never hear at the mall or your mother’s house.



Southern Oregon Repertory Singers

Dr. Paul French, will ring in the holidays with the performance of "Sing We Merrily."

The holiday concert will feature a chamber orchestra and the North Medford High School Chamber Choir.

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Shots HEALTH NEWS FROM NPR Rob Stein

Dietary Supplements Send Thousands To ERs Yearly

Tens of thousands of Americans are treated in hospital emergency rooms each year for problems caused by dietary supplements, federal health officials are reporting.

The complications include heart problems such as irregular or rapid heartbeat or chest pain, says Dr. Andrew Geller of the federal Centers for Disease Control and Prevention, who led the study published Wednesday in the *New England Journal of Medicine*.

Two other big problems are children ingesting supplements purchased by an adult, or older people choking on pills, he says. Nearly three-fourths (71.8 percent) of the ER visits were related to the use of weight-loss or energy-boosting supplements.

The analysis, based on data collected between 2004 and 2013, is the first national estimate of complications that result from using dietary supplements, Geller says.

Using data from 63 emergency rooms, he and his colleagues calculated that 23,005 emergency room visits occur each year because of dietary supplements. Among those cases, 2,154 patients are hospitalized to receive further treatment.

The analysis did not include anyone who might have died on the way to the hospital or in the ER because those deaths are not recorded in the database used for the study.

Geller says it's hard to know which products can cause problems or why. Unlike standard over-the-counter medications or prescription drugs, the companies that make dietary supplements are not required to prove to the Food and Drug Adminis-

tration that their products are safe and effective before selling them.

"We don't have information about what's contained in these products," Geller says. "And often times multiple active ingredients are combined into a single product." In addition, similarly named products can have very different active ingredients, he says.

"For all those reasons it can be hard for consumers, clinicians and public health agencies to determine which, if any, of the specific active ingredients caused the observed effects," Geller says.

In recent years, some dietary supplements have been recalled when they are found to contain unapproved ingredients or contaminants. But Geller says "there's very little national data about how products that are not included in such recalls cause health problems."

Dietary supplements have become increasingly popular in the United States. Americans spend nearly \$14 billion a year on vitamins, minerals, herbal remedies to treat a wide range of conditions, including colds, arthritis and immune system problems, and to promote weight loss.

Critics of the dietary supplement industry are welcoming the new research.

"This is the most important study that been published on supplements in the last 20 years," says Dr. Pieter Cohen, who studies supplements at Harvard Medical School.

"What this study does is find entirely flawed the underlying premise that supplements are safe," Cohen says. "In fact, supplements are now shown by this elegant CDC study to send tens of thousands

The companies that make dietary supplements are not required to prove to the Food and Drug Administration that their products are safe and effective before selling them.



of people to emergency rooms every year.”

The findings, he says, show there’s a need to better track problems caused by supplements so the FDA can identify and remove dangerous supplements from the market sooner.

Dietary supplement companies, however, see the study as demonstrating the relative safety of supplements.

“If you put it in context that over 150 million Americans take dietary supplements each year, we have, ‘Far less than one-tenth of 1 percent of supplement users will visit the ER,’” says Duffy MacKay, a naturopathic doctor and the senior vice president for scientific and regulatory affairs at the Council for Responsible Nutrition, a trade group.

MacKay argues that the study overestimates the dangers by including problems caused by products that aren’t supplements — such as homeopathic remedies.

He also says any problems caused by supplements could be minimized by keeping the products away from children, developing pills that won’t choke older people, and educating young people about how to use the products more carefully.

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Recordings — Best of 2015

From page 19



Cash Box Kings *Holding Court*

This is the best in current Chicago blues music. Every band member is top-notch, and so is this fine recording.

Doug MacLeod *Exactly Like This*

I don’t know if Doug calls himself The Troubadour of the Blues, but he is. Storytelling with wit and humor, and heart.

Jim Liban *Jim Liban with the Joel Paterson Trio*

More Chicago blues, a comeback for harpist Liban. Joel Paterson, as always, plays guitar with a lot of swing and skill. So tasty, this.

Jewel Brown *Roller Coaster*

Louis Armstrong’s vocalist for a decade, this Texas songbird doesn’t waste a breath, and makes each note count. Recorded by an eccentric Austin label owner with a fiery Japanese band, this stands as some of her strongest work.

The Texas Horns *Blues Gotta Holda Me*

We need good music from Texas, and

here it is. Led by Kaz Kazanoff on sax, guests like Marcia Ball light up this high-spirited romp.

Junior Wells *Southside Blues*

Reissue of the year. Seven bonus tracks included, with the last studio work of the great Otis Spann showcased. Also, the under-appreciated guitarist Louis Myers is featured on some tracks, and the new Buddy Guy material here is just great.

Shemekia Copeland *Outskirts of Love*

Shemekia’s back with her first label, and matches her earlier glories with this rich mix of styles. She’s more confident with that big voice, and performs each song with just the right feeling and dynamics.

James Harman *Bonetime*

Another great story-teller returns with his first studio album in 12 years. His eclectic perspective in music is well-supported by Nathan James, Gene Taylor, Kid Ramos, Junior Watson and Candy Kane. Big fun.

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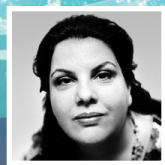
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Deceptive Cadence

Anastasia Tsioulcas

Why Can't Artist Bios Be Better?

Over in London, the *Independent's* arts editor, David Lister, recently published a scathing commentary about the paucity of valuable or even interesting information in artist biographies. He wrote it in a fury after paying £4 to obtain the program for a Proms concert he attended, featuring the excellent German violinist Julia Fischer. (Yes, one *pays* for the privilege of reading about programs and performers at various international halls.)

What did he find? "A mine of useless information," he says — a list of where Fischer had played in recent seasons, where she going to be performing over the next several months and a list of her recordings.

Sound familiar? It should. A whole lot of biographies provided by artists and their teams read exactly that way. And in the aftermath of Lister's commentary, quite a lot of lively conversation has erupted online about his complaints, both on Facebook and Twitter.

To me, it's not just an issue of trite phrasing or poor grammar, though those problems exist. It's a larger matter of conception and approach. Even soloists and groups who go to great lengths to project a bleeding edge artistic image fall, all too often, into the tropes Lister mentions. Here's a typical (and real) example from one such ensemble, a group that's far more innovative and unusual than their bio would suggest:

Paragraph 1: six quotes praising their brilliance from major American critics, crammed together then lightly glazed with enough subjects and verbs to form sentences.

Paragraph 2: a list of their awards and international venues where they've played.

Paragraph 3: a long list of composers

who have written for them (most of whom very few people would be familiar with, unless the reader were also a composer or performer).

Paragraph 4: a list of academic institutions they've worked with.

Paragraph 5: a list of other performers they've played with.

Snooze.

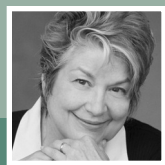
As Lister observes, should we be particularly surprised, or impressed, that accomplished artists have performed in prestigious venues? Or that they have collaborated with other top-flight people? Instead of making these endless lists of locations and names, why not spend a few sentences in a bio on topics more engaging, more human, more *connected*?

“
Instead of making these
endless lists of locations
and names, why not spend
a few sentences in a bio
on topics more engaging,
more human, more
connected?”

If you don't mind a bit of rather crass marketing speak, this is an opportunity to shape one's personal brand. In my experience, classical artists often pride themselves on not having to debase themselves for the sake of commerce. Maybe that's part and parcel of existing so far outside the musical mainstream. But what such artists fail to recognize, in my opinion, is that this can be not just a marketing exercise but a chance for a bit of self-reflection. What makes what you do — and what you want to express — meaningful?

To be more blunt: Why should we listen to *you*, whether you're an international soloist or still in school? Think of this as a chance to craft a compelling narrative in a truncated form. Who was your inspiration? Who was your teacher? What other music do you listen to, aside from your own repertoire?

I've heard from various presenters that it's not up to them what to include or not include in a bio for their programs — that artists' representatives (whether that's



The Splendid Table

Lynne Rossetto Kasper and Sally Swift

management or publicity) provide such materials, and often stipulate that the information is presented in full, just as it was submitted. The presenting venues or institutions have no choice but simply to reprint it as is. And many presenters report that even wringing a current bio out of an artist's team can be an absurdly complicated task.

But in many cases, these bios are exactly the same as those posted on artists' websites, which, for most working musicians, are updated at least once a year. Why not, as composer Dale Trumbore suggests, craft three versions: one short third-person form, one longer third-person version, and for one's own website, a (slightly) longer style that goes a little deeper and is more personal? As she says, "On a website, your bio is making an impression both as an accomplished musician and a memorable human being."

A bio is a promotional tool. But I'd encourage musicians to think of it also as an opportunity to advocate for the music we love. Yes, what you "say" onstage, in performance, is the ultimate pathway to self-expression. But a website can be a powerful vehicle for getting a potential audience member into a seat or to purchase a recording.

Anastasia Tsioulcas is an Associate Producer for NPR Music. In this role she is responsible for producing, blogging and occasional reporting on classical and world music. Tsioulcas is co-host of NPR's classical music blog, *Deceptive Cadence*, and also produces live concert webcasts, ranging from Member Station co-productions to other live concerts and special events, including *Field Recordings* and *Tiny Desk Concerts*, that she's helped curate and produce.

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Pine-Smoked Chicken

We're always game for a good ceremonial burning. This quick-smoked grilled chicken comes together in a heartbeat, making it perfect for a post tree-trimming family meal.

You have to use those branches you cut off the bottom of your tree for something, right? We're not sure why people don't use pine boughs more frequently to flavor their grilled things. Admittedly, the boughs do tend to flame (we find that exciting), but they also impart a lovely resiny scent to whatever they touch.

This recipe is started in the oven and finished over a dying charcoal fire, just hot enough to get that pine smoke going.

Cook to Cook: Since this chicken is fully cooked before it hits the grill, you can prepare it a day ahead. After roasting the chicken, store it loosely covered in the refrigerator. Bring it to room temperature before grilling.

Wine: Look for a moderately rich New World Chardonnay, something with a touch of oak or less than 14 percent alcohol (which is one way to tell if something is lightly oaked).

Serve hot or warm. For encores, this bird is superb in salads, especially with dried cranberries.

1/2 cup dry white wine
1/4 cup Spanish Sherry wine vinegar
6 large garlic cloves, minced
1 tablespoon packed dark brown sugar
1 teaspoon liquid smoke
Salt and freshly ground pepper
3-1/2-pound chicken, cut into 8 pieces
4 to 5 fresh, green pine boughs

Garnish

1 to 2 pine boughs

1. Combine the wine, vinegar, garlic, sugar and liquid smoke with salt and pepper in a shallow dish. Pour one third of it into a storage container and reserve. Add the chicken to the remaining marinade in the dish, turning the pieces to coat them. Cover and refrigerate for 4 to 6 hours.

2. Preheat the oven to 350°F. Drain the mari-



nade into a small bowl. Pat the chicken dry and spread out the pieces in shallow roasting pan. Roast for 30 minutes, basting often with the marinade. You want the breast to read 165°F on an instant-reading thermometer. Take the chicken from the oven, and either set it aside while you ready the grill or refrigerate it for up to 24 hours.

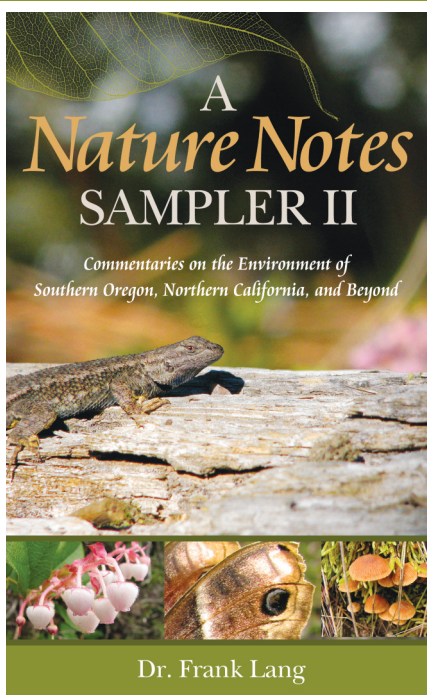
3. Heat coals in an outdoor grill until they're covered in grey ash, or heat up a gas grill to medium-high. Spread the coals out. Add the pine boughs, and set the rack in place. If the boughs begin to flame, cover with the grill lid and let them die before adding the chicken. (You need smoke but not flames.)

4. Take advantage of the smoking boughs by quickly putting the chicken on the grill. Cover and cook, turning and basting occasionally with the marinade you set aside. The chicken should brown and crisp and come to an internal temperature of 170°F. This takes 10 to 15 minutes. Pile the chicken on a platter, garnish with pine boughs and serve hot or warm.

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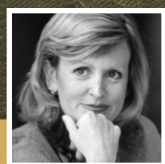
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The Salt

WHAT'S ON
YOUR PLATE

Allison Aubrey

A Glass Of Wine A Day May Help Control Type 2 Diabetes

If you're in the habit of drinking wine with dinner, there may be a bonus beyond the enjoyment of sipping a glass at night.

A new study published in the *Annals of Internal Medicine* adds to the evidence that drinking a moderate amount of wine can be good for your health.

The evidence comes from a new two-year-long study on people with diabetes.

Researcher Iris Shai of Ben Gurion University says in Israel and elsewhere, lots of people with diabetes get the message that alcohol — even in moderation — can be harmful.

"There is a myth that alcohol is not so safe for them," Shai says.

In order to test the influence of wine on people with diabetes, Shai recruited about 225 people who already had elevated blood sugar, and they agreed to follow a Mediterranean style diet for two years.

Everyone in the study was eating the same mix of foods but when it came to what to drink, some began drinking one glass of red wine per day, some began

drinking one glass of white wine per day and others drank mineral water.

And at the end of the study? "We found that a glass of red wine with dinner can improve the cardiovascular health of people with Type 2 diabetes," Shai says.

In particular, Shai found that compared to people who drank mineral water with dinner, the wine drinkers — both those who drank white and red — benefited from improvements in blood sugar control.

And the red wine drinkers got an additional benefit: They saw improvements in their levels of good cholesterol.

The effects are not huge, but physician Christopher Wilcox of

Georgetown University Medical Center says they could be significant.

"One glass of alcohol per day had these admittedly modest but worthwhile benefits," he says.

There's been a lot of interest in the idea that specific compounds in red wine may help protect against heart disease. And this finding — in which red wine im-

The benefits of alcohol can be quickly outweighed by the risks if you drink more than one or two servings per day.





proved cholesterol — adds a bit more evidence.

But Wilcox says this study also suggests that when it comes to blood sugar levels, the type of alcohol may not matter much.

“Since both red and white wine were beneficial in terms of blood sugar lowering — it does seem to rather neatly and very cleverly — tie the benefit in probably to alcohol rather than wine itself,” he says.

There’s a big caveat however. The benefits of alcohol can be quickly outweighed by the risks if you drink more than one or two servings per day.

And Wilcox says not all of us metabolize or benefit from alcohol in the same way. Some of us are fast metabolizers, others are slow metabolizers — it’s determined by our genes.

And in this study, it was the slow metabolizers who got significant improvements in blood sugar control.

So, you can’t count on a benefit. Wilcox says if you have diabetes, wine is no replacement for proper treatment.

“Most certainly a glass of red wine does not substitute for good control of blood glucose with one of the diabetic medicines,” he says.

But that nightly glass of wine could be one small part of a healthy diet and lifestyle.

Allison Aubrey is a correspondent for NPR News. Aubrey is a 2013 James Beard Foundation Awards nominee for her broadcast radio coverage of food and nutrition. And, along with her colleagues on *The Salt*, winner of a 2012 James Beard Award for best food blog. Her stories can be heard on *Morning Edition* and *All Things Considered*. She’s also host of the NPR video series *Tiny Desk Kitchen*.

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4

Give The Gift Of Time

Some people hesitate to volunteer their time because they are worried about making a long-term commitment. But there are plenty of volunteer opportunities where you only donate an hour or two of your time. And just do so once. Or twice. Or as many times as feels right for you.

It's true that you usually have to go through a training at the pet shelter and make a weekly commitment in order to hold kitties and clean litter boxes, but you can usually join a neighborhood clean-up, plant trees, pack holiday baskets for the homeless, or clean the shelves at a food bank just one time. No contribution of your time is too small. Spending a couple of hours with a young family's children so the grown-ups can go for a walk or to a movie is another wonderful way to make others happy at the holidays.



5

Be Kind To Your Mother

Some people hesitate to volunteer their time because they are worried about making a long-term commitment. But there are plenty of volunteer opportunities where you only donate an hour or two of your time. And just do so once. Or twice. Or as many times as feels right for you.

people we love the best and who drive us the most crazy: our parents. It doesn't matter if you're fifteen or fifty, you may find that your mom has that uncanny ability to make you revert to your worst, whiniest, and least generous self. But holidays are supposed to be about kindness, not impatience and frustration, so doing your darndest to find positive ways to be with your parents may be the best way to give back.

Count to ten before answering questions. Learn to meditate. Humor helps.

My friend's dad is 90 and suffering from dementia. He gets so confused during meal-times that he holds up the fork and asks in a wobbly voice what to do with the food. It's heartbreaking. But it's also very frustrating for my friend. No matter how many times my friend explains to his father to eat the food, his father anxiously asks the question again. Finally he changed tactics, "Dad," he suggested, "how 'bout you stick it up your nose?" His father burst out laughing. It didn't cure the dementia but it made mealtimes a lot more pleasant.

My mother died of a massive brain hemorrhage a month before Christmas. I wish I had been a kinder and more patient daughter. If you aren't kind to your parents while they're alive, you don't get a second chance.

6

Show Some Love To A Family Affected By Autism

Chances are you have a family member or friend whose child has been diagnosed with autism. California, acknowledged as the state that keeps the most robust figures about autism and other developmental disabilities, reports that are now over 76,000 school-aged children with autism in the state, and autism cases continue to rise. A similar trend is happening in Oregon. "I've been teaching special education for ten years," Danna Laqua, a special education teacher at Bellview Elementary School in Ashland, said in a recent interview. "I've noticed a dramatic increase in students in school affected by autism. Ask any teacher

“It may be awkward. It doesn't matter. The fact that someone stopped and paid attention, instead of rushing by, is a kindness that spreads holiday healing to everyone.”

and they'll say the same thing.”

Families affected by autism often feel isolated and alone. They are usually spending most of their energy and financial resources caring for their children, going from one specialist to another as

they try to understand their child's atypical brain and accompanying physical ailments (like severe gastrointestinal problems and sleep disturbances).

When Roseburg-resident Kendra Pettengill's daughter was diagnosed with autism, she was told to make a long-term plan to have her daughter institutionalized because Keely had no hope of recovery. Severely disabled children are rarely invited to parties or play dates. Pettengill found support on-line and read every book she could on autism. The one that helped her the most at the time was Karen Seroussi's *Unraveling the Mystery of Autism and Pervasive Developmental Disorder: A Mother's Story of Research and Recovery*. Though she had day-to-day help from her mom, it is easy for families to feel lonely and alone, especially during the holidays. Change that this season by inviting a family you know with children with autism into your home. "Include our kids, even if it is awkward or uncomfortable," Pettengill suggests. She thinks of the children who have befriended her daughter over the years as her "little heroes."

"One of those kids is going to graduate this year," Pettengill tells me. "She is going to study early childhood education and disabilities because of her experience with Keely." Today her daughter, though still affected by autism, is on the cheerleading team and a straight A student.

7

Take A Homeless Person To Lunch

Instead of giving a street person cash or food, invite him or her out to lunch with you. Carve out some time and say to the next beggar you see (or to the one whose story you've been wondering about the most), "I'd love to buy you a meal. Is now a

good time or should we make a plan for another day?” Don’t be offended if you get rejected—just try again with someone else. Go for fast food or splurge on a nicer restaurant. You may end up learning a lot about his life, or you may find yourself having a quiet meal. It may be awkward. It doesn’t matter. The fact that someone stopped and paid attention, instead of rushing by, is a kindness that spreads holiday healing to everyone.

On a lark a successful 30-something career woman named Laura Schroff turned back around after she passed by an 11-year-old panhandler named Maurice Mazyck one day in New York City. She offered to take the boy, who looked ragged and hungry, for a burger. Their chance encounter began a lifelong friendship, which ended up being healing for both of them. Maurice successfully got himself out of the cycle of poverty he was born into. Schroff details their friendship in her book, *An Invisible Thread* (which makes a lovely holiday read.) Don’t misunderstand me, you’re not signing up for a lifelong commitment by taking a homeless person out for a meal (see #4), but you will be doing a good deed that will make you both feel good.

8

Give The Gift Of Education

My friend Leslie Becknell Marx decided to give her husband an unusual gift this holiday season. Leslie made a donation to the Ashland-based non-profit, Acción Esperanza Partnership for Hope, to sponsor a 6-year-old boy in Nicaragua to go to school on her husband’s behalf. When Adam opened the gift, he was touched to be helping a little boy the same age as their own son. Leslie, who recently joined the board of directors, tells me she is impressed by how little overhead Acción Esperanza uses and how much of the donated money goes directly to the children who need it most.

Founder Lucy Edwards (former JPR News Director) travels often to Nicaragua, paying her own way each time she goes. She explains that Acción Esperanza only helps as many families as she and other Oregon-based board members can personally visit in

a week: usually about thirty at any given time. The money donated helps children buy school uniforms, shoes, school supplies, and even food. “You can invest in someone’s dream,” Edwards explains. “The other person is doing all the work.” Edwards says a little really goes a long way. “We just had a student graduate from a pharmacy program. She is now licensed to be a pharmacist. She came from a cardboard house with a dirt floor. She has so much confidence, joy, and investment, now, to give back to her community, because someone invested in her.”

For Leslie the gift was a win-win for everyone, and much more satisfying than a material present.

“Here we are around the holidays spending money that doesn’t need to be spent on things we don’t really need,” Becknell Marx points out. “Instead of spending fifty bucks on a fancy shirt or nose-hair trimmer, we can be helping someone go to school.”

“Instead of spending fifty bucks on a fancy shirt or nose-hair trimmer, we can be helping someone go to school.”

LESLIE BECKNELL MARX

9

Tread More Gently On Mother Earth

When we’re kind to Mother Earth, we ensure a better, healthier future for ourselves and our children. And most environmentally friendly activities are actually as good for your health as they are for your pocketbook. Plus you get to feel holier-than-

thou around all your friends for being such an eco-conscious holiday reveler.

Walk to do gift shopping instead of driving (or if that’s not possible, park several blocks away. That way you avoid holiday parking hassles and get some exercise to boot, possibly allowing someone who physically needs to park close to shops the chance to find a spot). Take the stairs instead of the elevator. Wrap holiday gifts in old maps or old calendars. Make the switch from paper napkins and paper towels to cloth napkins and cloth rags, which you can buy for pennies at a resale store like Goodwill. Catch the shower gray water in a bucket and use it to water the houseplants. Put two metal spoons in your purse or wallet and pull them out to the astonishment of your friends next time you go out for ice cream. Put your family’s trash—now that there is so much less of it—directly in the bin, forgoing the plastic trash bag (turns out you don’t need one. Who knew?). Turn off lights when you leave the room. Wash your laundry in cold water. Channel your inner farmer by building an urban chicken coop or planting a winter garden. The possibilities are endless. So are the rewards.

Jennifer Margulis, Ph.D., is an award-winning journalist and the author/editor of six books, including *Your Baby, Your Way: Taking Charge of Your Pregnancy*, *Childbirth, and Parenting Decisions for a Happier, Healthier Family*. She has worked on a non-profit child survival campaign in West Africa and taught literature classes in inner-city Atlanta. Learn more about her at www.JenniferMargulis.net





First... The News

Emily Cureton

Restorative Justice: Can It Help?

When I began reporting on domestic violence in Northern California, Crescent City was my home, and the heart of a crisis in the state's most northwesterly corner.

The calls came in every day through a police scanner on my desk.

"Children crying in the street on 9th and D. Domestic disturbance reported."

A few hours later one day: "She was pulled out by her hair and thrown down" on Starfish Way.

Later on, the sheriff's office dispatcher was connected to another address, where "Somebody called, but nobody spoke."

Since joining JPR's newsroom earlier this year, I no longer hear the nightmarish snippets crackle across a scanner daily, but I am still listening to and reporting on the stories behind them.

The facts are grim: people in Del Norte County call the police to report domestic violence at a rate far exceeding the state's average. This has been typical of the region for the past two decades, but the calls skyrocketed in the last five years.

In 2014, the rate of calls for help was seven times higher than the state average, and two and a half times the rate of similarly rural California counties.

I've spent the last few months interviewing people on the frontlines of domestic violence response and prevention in rural Northern California, thanks to a collaboration between JPR and the Del Norte TriPLICATE with support from the California Health Journalism Fellowship, a program of the USC Annenberg School for Communication and Journalism.

The reporting examines who is calling for help, who answers those calls, what happens to families after a report, why Native

American families are disproportionately affected, and how community interventions can initiate a healing process, or not.

I quickly learned that there is no "normal" domestic violence case, that stereotyping is a luxury of the ignorant.

"The number one stereotype I encounter is—"So, why did she stay? She must like it." A lot of women give up because they

are in trauma and they are being re-traumatized on a consistent basis," said Shelagh Carrick. She's an advocate at Harrington House in Crescent City, the only emergency shelter in all 1,000 rugged square miles of Del Norte County.

Carrick explained that after reporting abuse, many families must navigate complex systems to

get legal protection and meet basic needs, while they often remain dependent on a batterer for income and transportation. This type of narrative was echoed by Vicky Bates, a coordinator for victims of domestic violence working through the Yurok Tribe.

"Most of the people I work with are not choosing to leave the partner," said Bates. "They are a hard people to help because they don't have vehicles. They don't have phone services. They don't have electricity at half the Reservation upriver."

While Native people comprise 9 percent of the general population in Del Norte County, Native families tends to make up more than 30 percent of domestic violence cases.

The explanation for this is rooted in history, said Yurok Chief Justice Abby Abinanti.

"You're looking at a situation where you have inter-generational trauma, you have history that is not pleasant between us and other cultures. Where you had massacres and all the indentured slaves coming out of

the north. You had people carried off to boarding schools and you have tremendous amounts of poverty. All those things are breeding grounds for behaviors not acceptable in community... Once you create a breeding ground, that's what you have. And then you have to go back and try to address those issues and resolve them," said Abinanti.

She heads up the recently expanded Yurok Tribal Justice Center in Klamath, situated near Del Norte County's southern border with Humboldt County.

"We are trying to resolve problems in a way that will allow us to all live in a small community and go forward. And that's hugely different than just creating consequences for behavior in the hopes that that deters the behavior," she said.

Known as restorative justice, this model is being applied to stem the tide of domestic violence among Native American families. We learn a lot more about the struggles and strides on that front in stories that aired on JPR and appeared in print in the Del Norte TriPLICATE in November.

In case you missed them, visit ijpr.org and type domestic violence in the search bar.

Emily Cureton is the producer and engineer of the *Jefferson Exchange*, heard on JPR's News & Information Service weekdays, and online at ijpr.org.

“While Native people comprise 9 percent of the general population in Del Norte County, Native families tends to make up more than 30 percent of domestic violence cases.”

Poetry

David Zaslow

In the Groove

To be in the groove
means that the needle
rests in total stillness
while the record around it spins.
The turntable turns,
the record revolves,
but the point of contact
requires total stillness.

To be in the groove
requires a complete balance
between stillness and movement,
between diamond and vinyl.
For the needle to do its work
of reading the engraved cuts
within the grooves, it must be still.
Just like us—to hear
what the Holy One has engraved
in the groove of nature,
in the groove of our lives,
we can't be turning.
We can't be moving
to get out of the way,
or to get somewhere else.
We have to remain in place.
Totally in place.
Perfectly in place.

It is difficult to be still
when I want to weep
for those whose lives are lost.
It is difficult to be still
when I want to pray
for a future free of fear.
So I say my prayers,
then enter the stillness
like a diamond needle
in the groove.

Now I See

The light of you
from a far star
years away.
I swear it's now
but know it was
a light from long ago.
And now my light
from this star here
will travel far
to meet your eyes.
To you it will be now
you'll swear
in years to come.
When I say
"I remember"
and you say,
"Now I see!"

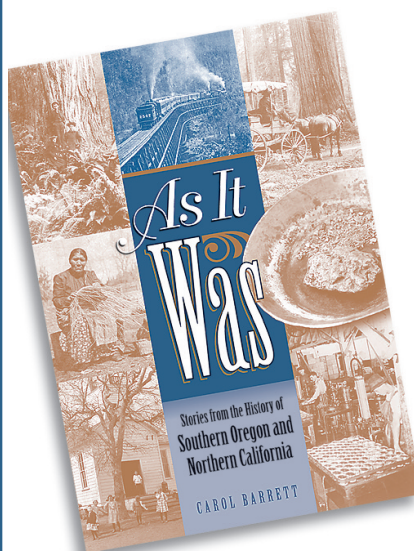
David Zaslow has been the rabbi of the Havurah Synagogue in Ashland, Oregon, since 1995. He has been living and writing poetry in Ashland since 1970, and is the author of the poetry collection *Thou Shalt Wander Forty Years*. Along with Lawson Inada, he was awarded the American Book Award for Education Materials in 1988. His recent book on the Jewish roots of Christianity, *Jesus: First-Century Rabbi*, won the Christian Synagogue Library Association (CSLA) award for the best book of the year.

Writers may submit original poetry for publication in the *Jefferson Monthly*.

Email 3-6 poems, a brief bio, and your mailing address in one attachment to jeffmopoetry@gmail.com, or send 3-6 poems, a brief bio, and a self-addressed, stamped envelope to:

Amy Miller, Poetry Editor
Jefferson Monthly
1250 Siskiyou Blvd.
Ashland, OR 97520

Please allow eight weeks for reply.



As It Was: Stories from the History of Southern Oregon and Northern California
BY CAROL BARRETT

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As It Was

Stories From The State Of Jefferson

The Longest Christmas Card

By Craig Stillwell

In times of war, the same themes seem to recur. In the fall of 1968, hundreds of Southern Oregon residents wanted to show their support for the American troops overseas in Vietnam. They did so by sending them what they hoped was the world's longest Christmas card.

The Eagle Point Boosters Club came up with the idea. A large roll of white paper served as a long card that was unrolled and slowly filled with messages of goodwill. As it traveled to Medford, Grants Pass, Ashland, and Central Point, it was scribbled upon by a wide variety of people. Local government officials, heads of businesses, and members of civic organizations signed it, as did many students. Veterans of previous wars signed it; those too young to be drafted signed it, too.

Many of the signers thanked the unknown servicemen and women who would be far from home during the holidays. The messages varied from the yuletide greeting of a "Merry Christmas and a Happy New Year" to prayers for a safe return. Some drew pictures.

One signer expressed a wish that the United States send the soldiers a "really groovy Christmas present"—an end to the war.

Source: 'Longest Letter' Grows For Vietnam Soldiers." Union Bulletin (Walla Walla, Wa.), October 2, 1968, p. 1.

The Christmas Miracle on the Rogue River

By Laurel Gerkman

Glen Wooldridge had run the Rogue River in every stage of water except high flood. In 1955, his skills and courage were put to the test during the rescue of a stranded friend on Christmas Day.

The big storm came in on Christmas Eve.

Pilot Fred Hale had flown into the canyon that morning delivering supplies to Black Bar Lodge and had not returned when expected. Pelting rain and heavy fog thwarted search efforts by plane, so Wooldridge, and son, Bruce, launched his 21-foot plywood motorboat into the treacherous current at Almeda.

The usual guide marks were submerged, so Wooldridge navigated by instinct, using contours of the mountains while dodging floating debris and standing waves. At Black Bar, he found Hale inside, lying on a cot, burned and swollen almost beyond recognition. Two men staying at the lodge said they found Hale after his plane crashed nearby, but they had no way of getting him out or calling for assistance.

Hale managed to mumble, "Hello Glen. I knew you'd come."

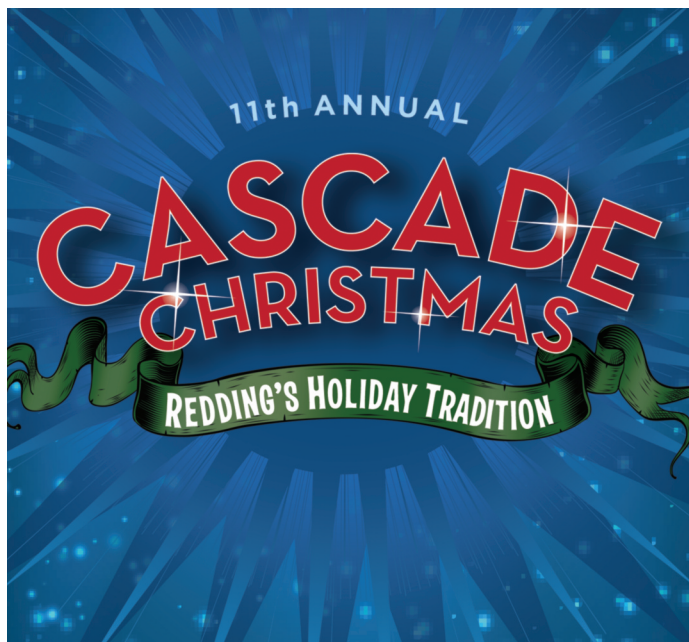
Wooldridge carefully loaded Hale into the boat and headed downstream for a 21-mile roller coaster ride to Marial Lodge where help awaited them.

Against all odds, they arrived safely. Some say it was a miracle.

Source: Arman, Florence and Glen Wooldridge. A River to Run. Wildwood Press, Grants Pass, Ore., 1982.

As It Was is a co-production of Jefferson Public Radio and the Southern Oregon Historical Society. The series' script editor and coordinator is Kernan Turner, whose maternal grandmother arrived in Ashland in 1861 via the Applegate Trail. *As It Was* airs Monday through Friday on JPR's *Classics & News* service at 9:30am and 1:00pm; on the *News & Information* service at 9:57am and 9:57pm following the *Jefferson Exchange*.

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